

MAKE YOUR HOME SAFER

You can do something now:

Throw out throw rugs

- Rugs are more of a hazard than a help.

Check the edges of carpet

- Place double sided tape on the under surface of raised areas.

Clear a path

- Designate a path for walking and keep it free of any objects such as books, baskets or shoes.
- Get rid of clutter and unnecessary furniture but let someone know if you need help.
- Watch out for pets and pet toys.

Stay on the bright path

- Turn on lights before walking.
- Place additional lighting and/or nightlights in areas that are not well lit or that do not have easy access to a light switch.

Keep stairways safe

- Remove all objects.
- Make sure you have access to hand rails.
- Additional lighting near stairs may aid in proper foot placement.

Keep things at your level

- Store the items you use most often at waist level.

Install grab bars

- In bathroom (toilet and shower).



Kentucky
Safety & Prevention Alignment
Network

KY Safe Aging Coalition
<http://www.nofalls.org>



Home is a place of
refuge and comfort.
However, a majority
of falls occur within
the home